



Northfield Senior Center Newsletter

October 2022



The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

Senior Center /CoA Director:

Colleen Letourneau, LSW

Program Assistant: Linda Keech

Board Members:

Deb Lanou, Chair
Jim Whitcomb, Co-Chair
Betty Whitcomb,
Treasurer
Debby Wiesen Kelly,
Interim Secretary
Frank Froment
Margaret Livingstone
Tony Stavely
Judie Tate

Phone & Information: (413) 498-2901 x 114

Email:
seniorcenter@northfieldma.gov

Website:
www.northfieldma.gov/seniorcenter

Address:
69 Main Street
Northfield, MA 01360

Friends of Northfield Seniors!

The Friends, a non-profit (all volunteer) 501(c)3, was founded in early 2018 by a group of dedicated Northfield residents. Our targeted fund raising is for projects which the Senior Center found funding hard to obtain. Any fundraiser that we hold is for the sole purpose of funding Council on Aging (COA) needs, either structural/material or events. Every dollar that we raise goes directly back into the local community.

The current board is not limited to any specific age group, and we encourage people from all demographics to join us as members or volunteers.

On a dark and stormy night at the end of December 2020, the phone rang, and our dear friend Pam Eldridge presented a pitch. She was one of the few remaining "original" Friends Directors. She was looking for people to step up or she would have to close the group.

Bernie (my husband) and I talked this over and we decided to join Pam's cause. In the spring of 2021, we met with the founding group, the torch was passed, and we now have a board of 5 Directors, and are building a group of volunteers. The volunteer group includes folks who are not able to meet monthly on the board but are willing to assist with one or two events per year.

Things that we've done/funded and that are planned:

- Riverboat cruise fundraiser in 2019.
- Purchased the privacy screen for the Foot and wellness clinics.
- Funded the large screen TV and surround sound. This included an amazing volunteer effort of pick up, delivery and installation by COA members and Town maintenance staff.
- Held two 2022 summer concert series in July and August that brought out record crowds to the golf course event venue. A giant THANKS to the Course and the Snow family for their generosity.
- Researched a potential bus trip to Marblehead but had to pull back the reins due to the doggone pandemic. Perhaps next year. All trips and events are open to all ages.
- Partial funding of the 2022 Volunteer recognition event.
- Partial funding for the FREE 350 Symphony planned for next June 2023.

Karen Boudreau, Chair, Friends of Northfield Seniors



Public Health
Prevent. Promote. Protect.
Cooperative Public Health Service
Franklin Regional Council of Governments

NEW !!! Fall Flu and Covid vaccine clinic
October 5th 12:30-2:30 p.m.

Must pre-register to attend

Bring health insurance and covid cards plus your photo ID to qualify. To register click on this link:

<https://home.color.com/vaccine/register/cataldo?calendar=9d896f9c-868a-487d-a6d3-c9c98620d3a7>

Public health nurses will be available monthly on the first Wednesday of the month at the Senior Center from 12:30 to 2:30 p.m. The nurses will carry flu vaccines to their Walk-in Wellness hours starting in September 2022.

Everyone is welcome, no appointment needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**. For more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 665-1400 x 114. Come and say hello!

Fall is for flu vaccines: Flu vaccines are available at many pharmacies and community sites around the county. Larger clinics offering COVID and flu vaccines will be posted on the FRCOG website as they are scheduled. FRCOG public health nurses can assist residents to access vaccinations, call 413-774-3167 ext. 156.

An up-to-date list of local places to get a COVID test or vaccine in Franklin County can be found at <https://frcog.org/covid>.



Foot and Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

2 Clinics this month: October 11th and October 25th

Please call for dates and availability 413-498-2186 or 413-498-2901, ext. 114.

(Slots fill up fast)

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required.

Service is free; donations appreciated for supplies and for Council on Aging programs.

OCTOBER Backdoor Take and Go Lunch!

*Country-Style Pinto Bean Bake, Ham, Cole Slaw, Cornbread
Grapenut Custard for dessert*

Friday, October 21st @ 11:30 a.m.

Available for pickup at the Senior Center Kitchen Back Door.

Suggested Donation of \$5 per meal is appreciated to help cover our costs.

**Reservations MUST be made by calling the Senior Center at 413-498-2901x114
or emailing seniorcenter@northfieldma.gov**

By no later than 3:00 p.m. Monday, October 17th!



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program). **Pick up is available on the FIRST THURSDAY of every month.**



*** Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).**

***RSVP the week before by calling: 413-376-8410 or online at fccmp.org/rsvp.**

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.- 1:00 p.m. Please Follow COVID-19 Posted Rules.



The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the Food Stamp Program, helps you stretch your food dollar to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. +To find out if you're eligible and to apply **CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204** for more information.

LOAVES & FISHES

Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for those who have been furloughed, laid off or simply need emergency assistance.

Call Cathy Hawkins Harrison a 413-498-2038 for more information.



OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 Speaker @ 11 AM <i>(see newsletter)</i> 10:00 AM - Noon Coffee time & knitting  1:00-4:00 PM Bridge	4 1:00 – 4:00 PM Samba card game	5 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom & In- person @ Town Hall 12:30 – 2:30 PM Flu & Covid Clinic <i>(See newsletter)</i>	6 9:30 AM 60 + Yoga (Libby) in-person at Town Hall and Zoom BROWN BAG pickup @ 11:30 AM SPECIAL EVENT 2:00 PM APPLE PICKING <i>(See Newsletter)</i>	7 Senior Center & Town Hall CLOSED on Fridays
10 HOLIDAY Town Hall and Senior Center is CLOSED	11 Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game	12 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom & In- person @ Town Hall 1:00 PM CoA Board Meeting	13 9:30 AM 60+ Yoga (Libby) in-person at Town Hall and Zoom 10 AM – 12 Internet  Café 12:30 PM – TED TALKS <i>(See newsletter)</i> 1:00 PM Knitting Group	14 Senior Center & Town Hall CLOSED on Fridays
17 Last day to order take and go lunch "Happy Feet"  9:30 AM <i>(meet at-</i> <i>See newsletter)</i> 1:00-4:00 PM Bridge	18 1:00 – 4:00 PM Samba card game	19 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In- person @ Town Hall	20 9:30 AM 60+ Yoga (Libby) in-person at Town Hall and Zoom	21 11:30 AM Take & Go Lunch pick up *Senior Center OPEN until 1 PM
24 Last day to RSVP for Art Class 1:00-4:00 PM Bridge	25 Foot & Blood Pressure Clinic by appointment only. 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game	26 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In- person @ Town Hall	27 9:30 AM 60+ Yoga with substitute ZOOM ONLY Louise Legouis 11:00 AM -1:00 PM ART CLASS <i>(See newsletter)</i> 1:00 PM Knitting Group open to all FCCMP free Meal	28 Senior Center & Town Hall CLOSED on Fridays
31 Happy "Little" Feet Halloween  party @ 10:45 AM <i>(See newsletter)</i> 1:00-4:00 PM Bridge				



"Happy Feet" Walking groups

In the event of steady rain, the walk will be canceled.

Walk # 1: **Monday October 17th @ 9:30 a.m.**

Meet at FirstLight main parking area located at 99 Millers Falls Road, Northfield, MA off Route 63. We will hike the Tooleybush trail. **This walk has uneven surfaces** and is slightly elevated.

Dogs on leashes are welcome.



Walk # 2: Monday, October 31st @ 10:45 a.m. meet at the Senior Center for our HAPPY "LITTLE" FEET recess time activity. This is a fun intergenerational program with our new kindergarten class.

**Seniors with a walker or wheelchair and who have a caregiver, friend, or family member to assist them, are encouraged to attend*

Dogs on leashes are welcome.



The Gravestones of Old New England

Art Class

**Thursday, October 27th
11:00 a.m. – 1:00 p.m.**



Often, cemeteries are regarded as places to remember those who have passed before us. Sometimes, they are considered spooky. But Ginny Rockwood looks at them in terms of art museums possessing some of the earliest examples of colonial American sculpture, gravestones. Come learn about the imagery and language found on these old stones, the carvers, their tools, and so much more.

The presentation will begin with a **slide show** at the town hall, and then participants will **take a short walk to the Center Cemetery for a tour**. Weather permitting, you will be able to **learn how to safely rub a gravestone and bring a piece of history home with you**. Participants will receive a packet of information. **Participants will also receive a packet of information.**

Come join our Art Class by retired art teacher Ginny Rockwood.

PRE-REGISTRATION/RSVP DUE BY 10/24/22 Call 413-498-2901 x 114

Cost is \$5.00 for materials and Expert presentation.

Minimum of 4 people and maximum of 14 people.



Life Path is continuing to assist folks with Medicare questions by calling LifePath's main number (413) 773-5555 ask for **SHINE**.

SHINE - Servicing the **H**ealth **I**nsurance **N**eeds of **E**veryone

60+ YOGA In-person at the Northfield Town Hall as well as via Zoom (except for 10/27/22 which is zoom only).

Thursdays 9:30 - 10:30 a.m. *see statement below

Join us from the comfort of your home via Zoom or come in-person to the Northfield Town Hall and explore how the tools of yoga can help you move with more ease, balance with greater confidence, breathe more deeply, think more clearly, and sleep more soundly. Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!*



Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA.*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360.*

Donations ensure the continuation of this valuable program.

***New students** must register in advance and complete a Waiver prior to attending first class.

To register/ for more info: call or text 413-834-4524 or email libby@yogalibre.net.

60 + Yoga is back to in-person classes at the Town Hall (as well as continuing with Zoom).

"Class via Zoom only when:

- (1) The Senior Center is Closed
- (2) The local schools are closed due to inclement weather" as the Town Hall is also closed.



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.

In-Person (Town Hall) & Via Zoom starting in
October 2022

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive ("weights" = canned goods; "exercise balls" = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114

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The Northfield Council on Aging is open for additional Board members.

If you or someone you know is interested, please call

Colleen Letourneau (Director) at 413-498-2901 ext. 114.



Continuing ** INTERNET CAFÉ **Continuing
Thursday, October 13th
10:00 a.m. – Noon
Free Wi-Fi



DROP IN Bringing your own tech devices (laptops, tablets, smartphones).

OR

RSVP (413-498-2901 X 114) for instructions on using our iPads. The four iPads that we have are also available for short-term loans, after completing an application. iPads were purchased through a grant from Life Path.

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.



Thursday, October 13th @ 12:30 p.m.

“Protecting the Wild”

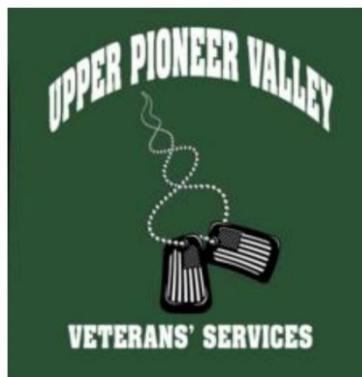
1. **Tanya Berger-Wolf: How your nature photos can help protect animals.**
2. **George Monbiot: For more wonder, rewild the world.**

Interesting and informative short films on a variety of subjects, in 2022 Ted Talks now comes to you the 2nd Thursday of the month 12:30 – 1:00 p.m.

- **If interested in receiving the zoom link, email: keeneassistant@americanhouse.com**

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.



Veterans' Agent Hours

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield will now have a veterans' agent conducting outreach hours at the Northfield Senior Center.

The veterans' agent will hold hours the **Fourth Tuesday of every month from 9:00 a.m. to 11:00 a.m.** They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed.

Next offering is **October 25th** .

Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.



Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



THIS MONTH: **October 13th @ 1:00 p.m. * Special event ***
October 27th @ 1:00 p.m.

The Northfield Senior Center Knitters are completing their **Warm the Children project**.
*For those participating in-person or from their homes please bring in the finished hats to the Northfield Senior Center on * **October 13th * @ 1:00 p.m.** Your beautiful hand-crafted hats will be given to the Greenfield Recorder. Meet the Warm the Children representative Patti Wasilewski (who also works at the Daily Hampshire Gazette).

NEXT project is learning to knit **SWEATERS** ! Yarn and patterns will be available, but if you have a favorite pattern, please feel free to bring it along. If interested in knitting sweaters from home, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Please note that on the second Thursday of each month, the Senior Center airs TED talks starting at 12:30. Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00 when TED Talks ends.



CARD GAMES

Ongoing ~ SAMBA –

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Ongoing ~ BRIDGE –

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon.

New participants always welcome to come and learn.

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Franklin Regional Transit Authority
FRTA
Senior Van support

Call the VAN SERVICE! (413)768-1824

48 Hours Notice

Leave a MESSAGE with a call back number.

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS REQUIRED

Medical Appointments
Hairdresser

Groceries
Bank

Pharmacy
Coffee



Coffee Social MONDAY - October 3rd
10:00 a.m. - Noon
Speaker starts at 11:00 a.m.



Greenfield Savings Bank will give a presentation on the current trends of Scams, ID Theft, and Protecting your Identity starting at 11:00 a.m.

Puzzles, bring your knitting projects, pick out a game or play cards, join our knitters and enjoy coffee-tea-hot chocolate, cold beverages and snacks. If it is a nice day we could go sit in the pavilion behind the Town Hall.

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SPECIAL!!! Thursday, October 6th



Apple Picking at Apex Orchards
225 Peckville Road, Shelburne
MEET at the ORCHARD at 2:00 p.m.

Come join the Northfield Senior Center for Apple Picking while enjoying the panoramic views this early fall. Visit the farm store off their deck.

We'll be picking apples, enjoying hot cider donuts and coffee.

No dogs allowed. Handicapped bathrooms.

See the website for more details. www.ApexOrchards.com

Zero-Interest Housing Rehabilitation Loans Available to Northfield Residents

The Franklin County Regional Housing & Redevelopment Authority (HRA) is administering a housing rehabilitation loan program on behalf of the Town of Northfield. The program offers zero-interest, deferred-payment, 15-year forgivable loans of up to \$40,000 to qualified homeowners to improve the safety and energy efficiency of their homes.

Eligible improvements include: roof repair/replacement, electrical and plumbing upgrades, septic repair/replacement, insulation and weatherization, accessibility modifications, heating and hot water system repair/replacement, wells, replacement windows, lead paint abatement, and more.



For more information or to request an application, please call Jen at (413) 863-9781 ext. 137 or email: jmorrow@fcrhra.org.



A=Asexual, Aromantic, Agender, & Allies
L=Lesbian | **G**=Gay | **B**=Bisexual | **T**=Transgender
Q=Questioning & Queer | **I**=Intersex

For more information, contact **The Rainbow Elders of LifePath.**
rainbowelders@lifepathma.org

413-773-5555 ext. 1242 or 978-544-2259 ext 1242



Neighbors at Home

Call in your service requests – **New # 413-200-8183**

Contact: info@neighborsathome.org or

service@neighborsathome.org

www.neighborsathome.org.

As of July 1, 2022, member fees will be \$60 for an individual and \$90 for a household.

MAXIMIZING SNAP: THE SNAP MEDICAL EXPENSE DEDUCTION

Do you get SNAP (food stamps)?

Are you age 60+ OR disabled?

You could get more SNAP by telling DTA about your medical costs!

-Medical expenses include premiums, copays, medications, dentures, eyeglasses,
transportation to medical appointments, vitamins, **and more**

DTA Senior Assistance Line (for age 60+): (833) 712-8027,

Or visit DTAConnect.com or use the DTA Connect phone app

If you are denied the medical expense deduction or need other help with SNAP benefits,
contact us to talk to a legal advocate. **We are here to help:**



(855) **Central West
Justice Center**
AN AFFILIATE OF COMMUNITY LEGAL AID

COMMUNITY LEGAL AID & CENTRAL WEST JUSTICE CENTER

Worcester | Fitchburg | Springfield | Northampton | Pittsfield

252-5342 | www.communitylegal.org



Lillian Closson

April 8, 1927 – September 23, 2022

Marie A. (Wickey) Vogt

Daughter of Stanley Wickey

March 9, 1950 – July 14, 2022